



Cranberry-Key Lime Punch



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



75 min.

SERVINGS



6

CALORIES



149 kcal

BEVERAGE

DRINK

Ingredients



5 cups club soda chilled



2 cups cranberries fresh



1 slices garnishes: key lime and cranberries fresh



0.5 cup key lime juice fresh



1 cup sugar



1 cup water

Equipment



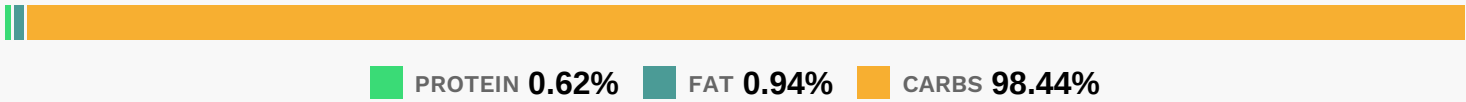
sauce pan

☐ sieve

Directions

- ☐ Combine 2 cups fresh cranberries, sugar, and water in a saucepan. Cook over medium heat, stirring occasionally, 8 minutes or until cranberries begin to pop.
- ☐ Pour mixture through a wire-mesh strainer into a large pitcher, discarding solids; cool completely (about 1 hour). Stir in chilled club soda, fresh Key lime juice, and, if desired, vodka.
- ☐ Serve over ice.
- ☐ Garnish with Key lime slices and fresh cranberries.

Nutrition Facts



Properties

Glycemic Index:24.52, Glycemic Load:24.56, Inflammation Score:-2, Nutrition Score:2.0130434580471%

Flavonoids

Cyanidin: 15.48mg, Cyanidin: 15.48mg, Cyanidin: 15.48mg, Cyanidin: 15.48mg Delphinidin: 2.56mg, Delphinidin: 2.56mg, Delphinidin: 2.56mg, Delphinidin: 2.56mg Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg Peonidin: 16.39mg, Peonidin: 16.39mg, Peonidin: 16.39mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 1.46mg, Epicatechin: 1.46mg, Epicatechin: 1.46mg, Epicatechin: 1.46mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 2.31mg, Hesperetin: 2.31mg, Hesperetin: 2.31mg, Hesperetin: 2.31mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 2.21mg, Myricetin: 2.21mg, Myricetin: 2.21mg, Myricetin: 2.21mg Quercetin: 5.05mg, Quercetin: 5.05mg, Quercetin: 5.05mg, Quercetin: 5.05mg

Nutrients (% of daily need)

Calories: 149.06kcal (7.45%), Fat: 0.17g (0.26%), Saturated Fat: 0g (0.03%), Carbohydrates: 39.02g (13.01%), Net Carbohydrates: 37.71g (13.71%), Sugar: 35.05g (38.95%), Cholesterol: 0mg (0%), Sodium: 44.8mg (1.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.25g (0.49%), Vitamin C: 11.06mg (13.4%), Manganese: 0.13mg (6.35%), Fiber: 1.31g (5.25%), Vitamin E: 0.49mg (3.25%), Copper: 0.05mg (2.27%), Calcium: 17.25mg (1.72%), Vitamin K: 1.79µg (1.71%), Zinc: 0.25mg (1.68%), Potassium: 56.06mg (1.6%), Magnesium: 6.05mg (1.51%), Vitamin B6: 0.03mg (1.36%), Vitamin B5: 0.13mg (1.26%)